



Liberty Prairie Foundation

Free Fresh Veggie Program!!

Join the **Liberty Prairie Foundation** at **Midwest Veterans Closet** **Mondays, Aug. 20 to Oct. 8.** for a free fresh vegetable program! The Liberty Prairie Foundation will bring fresh, organic vegetables from their farm and will provide cooking demonstrations, samples, meal kits, nutrition education, and more.

All participants will receive samples of a delicious, healthy recipe each week along with a meal kit with all of the ingredients to replicate it at home. The program will run for 8 weeks.

Time: 1 to 2 p.m.

Dates: Mondays, August 20 to Oct. 8

Location: 
2323 Green Bay Road, North Chicago

Register: Register in person at 
or call 847.354.2108. **Limited to 15 participants each week.**

We hope you can join us!!